



Glove use at work, home and/or play.....

Gloves should fit such that they:

Optimize movement of the hands – If the gloves are too large they may reduce your ability to grip objects and if they are too small they may hinder hand/finger movement. Make sure you have the right size glove for your hands.

Improve grip – Some gloves are made specifically for box handling, use around certain chemicals and/or protection from sharp objects. The gloves you use should optimize your grip on the objects handled. If you find your hands slip while handling items, try a glove that has friction spots or a grooved surface to improve your grip. In the best case scenario, the object handled should be changed by improving the handles or grip surface.

Protect from the cold – Muscles work better in warm environments. Cold environments cause blood to be shunted away from working hands which decreases their ability to function well. Keep your hands warm while working.

Are comfortable – The more comfortable the glove, the more likely you are to wear them when you need them.

Don't increase other risk factors - Gloves should help you work smarter not harder. Awkward postures, forceful exertion, repetitive motion, holding one posture for long periods of time, exposure to cold and/or vibration, are examples of risk factors that should be avoided with or without gloves. If you currently experience these exposures at work and would like advice on how to work smarter not harder, please contact ergonomics@lanl.gov with your comments and questions.